

Practical Masterclass on Using AI in Hypnotherapy

Cameron Alldredge, PhD

Objectives

1. Describe clinically appropriate and ethically responsible applications of artificial intelligence that support the practice of clinical hypnosis by reducing administrative and preparatory tasks.
2. Demonstrate the practical use of AI-assisted tools for professional development and the creation of hypnosis-related clinical materials.
3. Integrate AI-assisted methods into hypnosis-based client follow-up in ways that support skill generalization, between-session reinforcement, and real-world change.

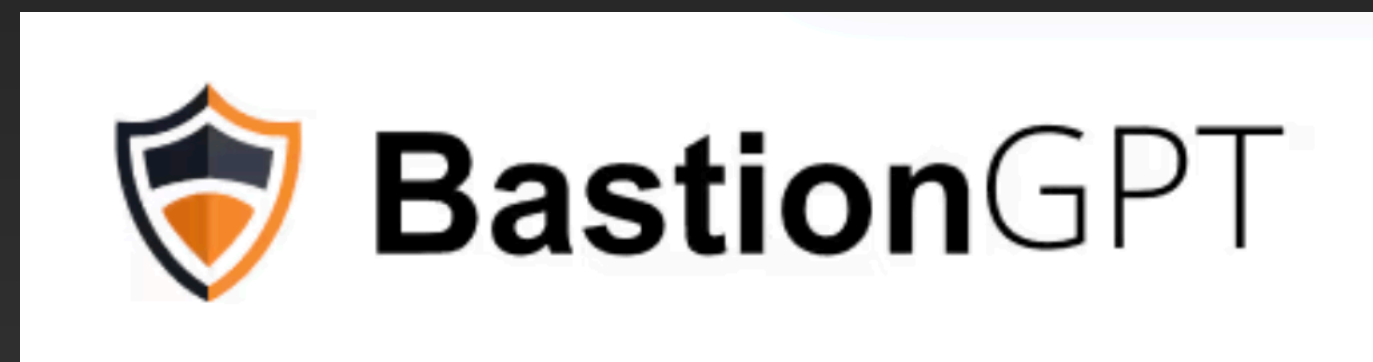
AI for Admin & Prep

Editing vs. Generating

- **Overcome inertia**
 - AI provides "scaffolding" or "imperfect starting points," helping you bypass the mental block of creating something from nothing.
- **Work from structure and ideas**
 - AI can generate outlines, brainstorm examples, or draft content that you then mold into something truly original

Ethical Considerations

- Does this LLM/GPT use my input for training?
- Workaround = anonymization
- Pay for a healthcare-specific AI tool



AI designed for *healthcare security, privacy, and compliance*

- ✓ BastionGPT is a private and compliant alternative to ChatGPT that is designed for the needs of healthcare and mental health professionals.
- ✓ We are a trusted Microsoft Partner and utilize HIPAA compliant versions of leading AI models that are not publicly available.
- ✓ To comply with ethical and compliance requirements, chat history is never provided to OpenAI or sold to 3rd parties.



What types of things do you wish could be more automated?

Points of AI-Integration

- Intake
- Progress notes
- Follow-up care

Intake

“Based on this intake document...”

Generate an 8-session treatment plan that involves hypnotherapy.

Write a list of follow-up questions that would be helpful to know.

Write an initial email regarding what they should expect for my style of therapy.

Provide a list of outcome questionnaires to track progress.

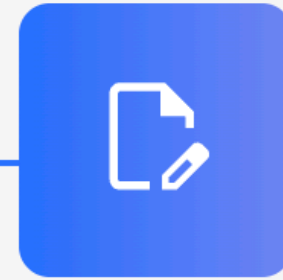
Generate a list of ideas for future homework assignments.

Provide a list of helpful psychoeducational material on the presenting concerns, their treatability, and therapy in general.

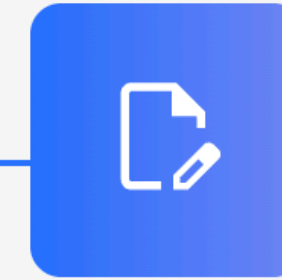
Progress Notes



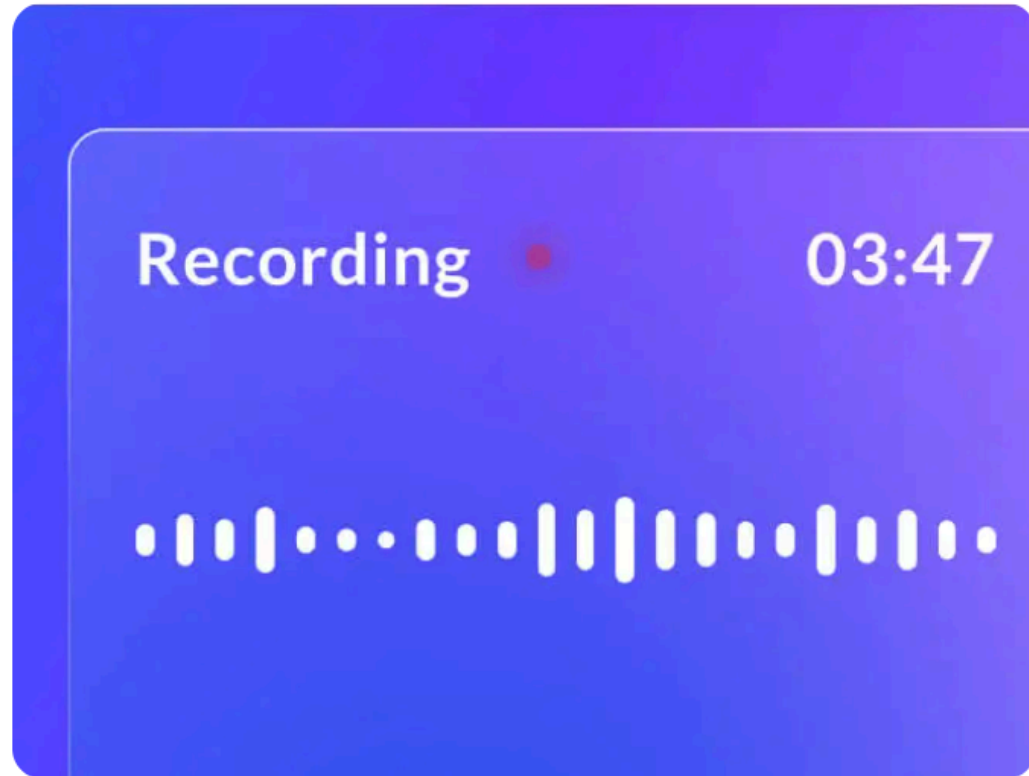
1. CAPTURE



2. EDIT

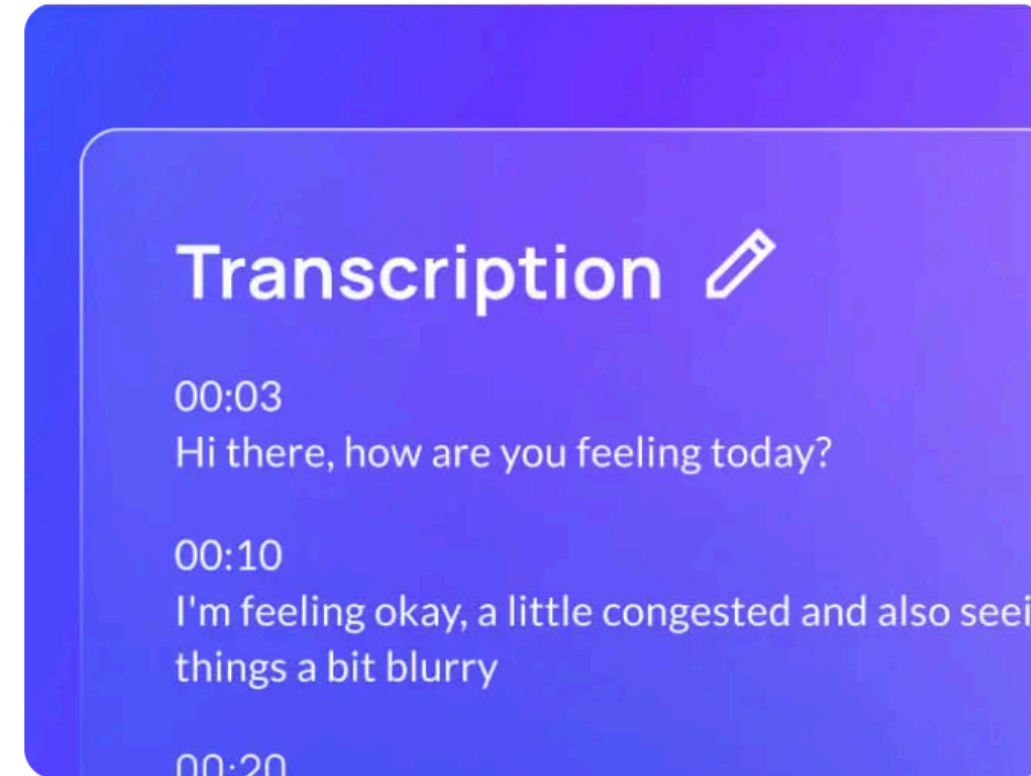


3. FINALIZE



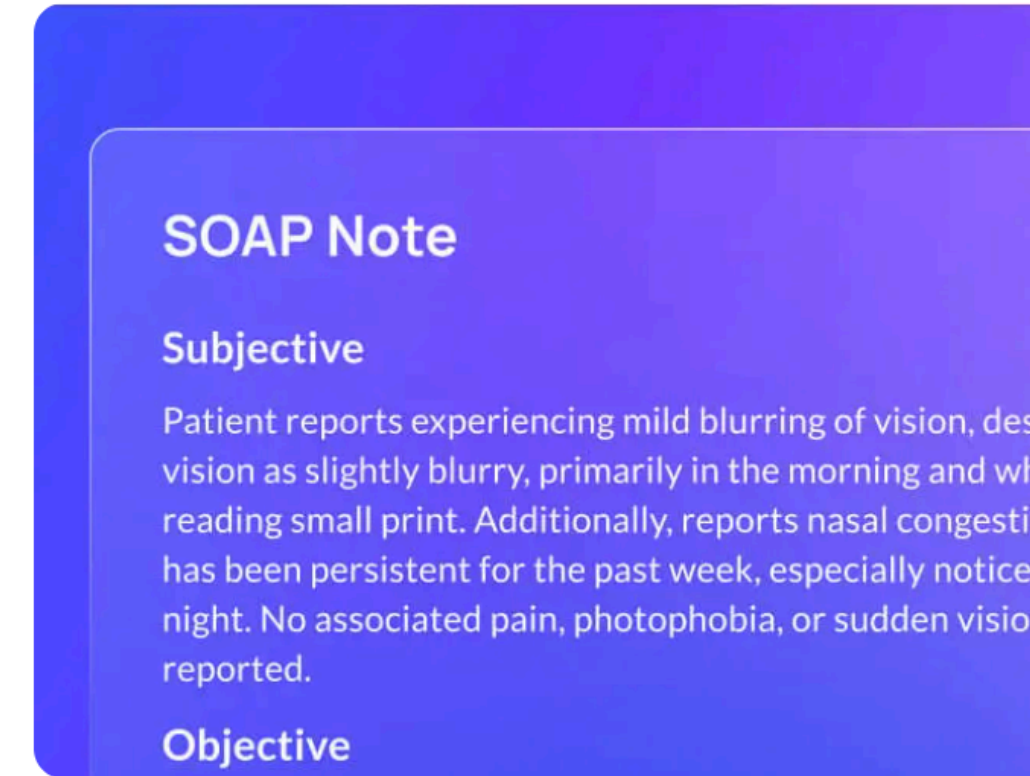
Capture

Record your patient encounter - our scribe accurately captures multi-speaker conversations in real time and supports 60+ languages. Works with any device.



Edit

Review your AI-generated note, already structured and formatted to your style. Make quick edits, and Commure Scribe will learn your preferences automatically.



Finalize

Sign off on your note and let Commure handle the rest - automated ICD-10/CPT coding and one-click EHR sync saves you valuable time every day.

Create a SOAP note based on these session notes:

Client presented in good spirits. They expressed distress over romantic relationship. We analyzed patterns of emotional state that link back to experiences from childhood and connection with mother. Client expressed concern about not being lovable, which we explored and used hypnotherapy to detach from those thoughts and feel more grounded. Client agreed to practice self-hypnosis for emotion regulation at home and we determined to meet again next week.

S – Subjective

Client reported distress related to a current romantic relationship. They expressed concerns about their perceived lovability and described recurring emotional patterns that they believe stem from childhood experiences, particularly their relationship with their mother. Client verbalized a desire to better regulate emotional responses and feel more grounded.

O – Objective

Client presented in good spirits and was engaged, reflective, and receptive throughout the session. Affect was congruent with content. No signs of acute distress, disorganization, or impairment in thought processes were observed. Client responded positively to hypnotherapy intervention.

A – Assessment

Client appears to be experiencing relational distress associated with core beliefs about self-worth and attachment, likely rooted in early relational experiences. Insight into emotional patterns is increasing. Hypnotherapy was effective in helping client detach from maladaptive cognitions related to lovability and facilitated a more grounded emotional state.

P – Plan

- Continue weekly psychotherapy sessions.
- Client will practice self-hypnosis techniques at home for emotional regulation.
- Ongoing exploration of attachment-related beliefs and relational patterns.
- Next session scheduled for the following week.

Follow-Up Care

“Based on these notes...”

Generate ideas for directions of future sessions from a(n) X orientation.

Provide a list of online resources that I can share with the client.

Draw out a map of the therapeutic change.

Generate ideas for homework assignments.

Write a follow-up email about our session.

AI for Professional Development

Keeping Up with New Research

Turn this

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 **Routledge**
Taylor & Francis Group



Adaptive Experiential Theory of Hypnosis

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ABSTRACT

State and nonstate theories of hypnosis have dominated the field for decades and helped advance hypnosis clinically and scientifically. However, they fall short in various ways including insufficient consideration of unconscious/experiential processes. The authors' new theory is predicated on Epstein's cognitive-experiential self-theory, a dual-process model that provides a comprehensive understanding of the rational system and the experiential system and highlights that, although they interact synergistically, their features and modes of operation differ greatly. The rational system, influenced by logic and reason, is demanding of cognitive resources and operates effortfully with minimal affect. In contrast, the experiential system is emotionally driven, associative, and encodes reality in images and feelings without conscious effort. Our theory, the adaptive experiential theory, posits that complex hypnotic responding is attributable to an individual's ability to adapt and deliberately shift from processing primarily within the rational system to the experiential system. Greater association with the experiential system yields alterations in processing reality, which allows hypnotic suggestions to be internalized and enacted without excessive interference from the rational system.

ARTICLE HISTORY

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KEYWORDS

Adaptive experiential theory;
dual process; experiential
system; rational system;
theory of hypnosis

Introduction

Contemporary theories of hypnosis have typically been categorized as either a *nonstate theory* or a *state theory* (Fellows, 1990; Kendrick & Corlett, 2022). Nonstate theories of hypnosis suggest that social influence and certain cognitive factors interact with situational factors, interpretations of task demands, role play, and an individual's motivations to align their experiences and behavior to match the demands (Braffman & Kirsch, 1999; Kirsch & Lynn, 1998). State theories usually posit that hypnosis produces an altered or dissociated state of consciousness that allows for response to suggestion perceived to happen involuntarily and is thus responsible for hypnotic phenomena (Woody & Sadler, 2008). In-depth and comparative reviews for these two schools of thought have already been provided and expanded upon elsewhere (see Lynn & Rhue, 1991; also, Barnier & Nash, 2008; Kendrick & Corlett, 2022; Kirsch & Lynn, 1995; Lynn & Green, 2011).

The dominant nonstate theories have typically been those of a *sociocognitive* perspective. Many of the ideas that form sociocognitive theories stem from the early work of Robert White (1941). White wrote that hypnotic responding could be understood as “meaningful, goal-directed striving” (p. 483), which relied on interpersonal interaction. More specifically,

Into this



Enjoyable, 14-minute podcast

 **NotebookLM**

AI for Creating Clinical Materials

Ideas for Metaphors & Suggestions

“Based on _____ write _____ for _____”

At-Home Practice

The Rationale



Original Investigation | Obstetrics and Gynecology

Self-Administered Hypnosis vs Sham Hypnosis for Hot Flashes A Randomized Clinical Trial

Gary Elkins, PhD; Noel Arring, DNP, PhD, RN; Grant Morgan, PhD; Tierney Lorenz, PhD; Vanessa Muniz, MA; Carrie Lafferty, PhD; Katherine Scheffrahn, BS; Cameron Alldredge, PhD; Debra Barton, RN, PhD

Abstract

IMPORTANCE Many women experience significant adverse effects from menopausal hot flashes. Clinical hypnosis has been shown to be an effective and safe nonhormonal treatment for hot flashes, but there is a need to increase the accessibility of this intervention.

OBJECTIVES To evaluate the efficacy of a self-administered hypnosis intervention for hot flashes compared with a self-administered sham white noise hypnosis control, evaluate the efficacy of the intervention compared with sham hypnosis for hot flash activity interference and perception of benefit, and examine the interaction between practice adherence and treatment effect.

DESIGN, SETTING, AND PARTICIPANTS This multicenter, 2-arm, single-blind, randomized clinical trial was conducted from March 4, 2019, to February 16, 2024. Participants were 250 postmenopausal women self-reporting a minimum of 4 daily or 28 weekly hot flashes at baseline who were recruited at Baylor University in Waco, Texas, and the University of Michigan in Ann Arbor.

INTERVENTION Participants were randomized into either a 6-week self-administered hypnosis condition or a self-administered sham white noise condition. The hypnotic inductions consisted of cooling imagery and suggestions for relaxation, while the white noise condition was designed to be an active control accounting for all components present in the intervention arm, including placebo and cognitive expectancy effects, without the therapeutic components present in the active arm.

Key Points

Question Does a self-administered clinical hypnosis intervention effectively reduce hot flashes compared with a sham hypnosis?

Findings In this randomized clinical trial of 250 postmenopausal women, the hypnosis group experienced a significantly greater reduction in hot flash scores (frequency × severity) compared with the control group at week 6 (53.4% vs 40.9%). The intervention group reported a significantly greater reduction in daily interference from hot flashes (49.3% vs 37.4%) from baseline to week 6 and greater perceived benefits (90.3% vs 64.3%) compared with the sham hypnosis group.

Meaning This study suggests that self-

The Rationale

Meta-analytic evidence on the efficacy of hypnosis for mental and somatic health issues: a 20-year perspective

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In the review of [Flammer and Alladin \(2007\)](#), type of hypnosis was demonstrated to be a moderator variable. “Modern hypnosis” was significantly more effective than classical hypnosis and mixed-forms of hypnosis. Furthermore, the impact of self-hypnosis, direct suggestions, and standardization was tested. Hypnosis was significantly more effective when it combined therapist delivery with self-hypnosis compared to self-hypnosis only ([Chen et al., 2017](#)) and hypnosis interventions had significantly larger effects when incorporating self-hypnosis than when self-hypnosis was not included ([Milling et al., 2018](#)). Studies that incorporated direct suggestions, i.e., suggestion directly addressing the primary outcome pain, did not produce larger effects than trials which did not use such suggestions ([Milling et al., 2021](#)). Additionally, [Holler et al. \(2021\)](#) found no effects of standardization of hypnosis.

< speak >

Take a moment to settle into your body.< break time="1.5s" />

You can sit comfortably with your feet on the ground.< break time="1.5s" />

Allow your shoulders to soften just a little.< break time="1.5s" />

There is nothing you need to change right now.< break time="1.5s" />

Simply allow yourself to listen.< break time="3s" />

Begin by noticing your breathing.< break time="1.5s" />

Not controlling it.< break time="1.5s" />

Just noticing the natural rhythm of each breath.< break time="3s" />

Now gently bring to mind the presentation you are about to give.< break time="1.5s" />

Picture yourself standing or sitting in that space.< break time="1.5s" />

And notice that you feel grounded and steady.< break time="3s" />

You know this material.< break time="1.5s" />

You have prepared for this.< break time="1.5s" />

And that preparation is already part of you.< break time="3s" />

As you imagine speaking, notice how your voice feels calm and clear.< break time="1.5s" />

Your thoughts feel organized and accessible.< break time="1.5s" />

Your presence feels natural and confident.< break time="3s" />

You do not need to perform confidence.< break time="1.5s" />

You can simply allow it to show up on its own.< break time="3s" />

Notice the people listening.< break time="1.5s" />

Notice how easily you hold their attention by being engaged and present.< break time="3s" />

Allow your body to remember this feeling.< break time="1.5s" />

So it becomes easier to return to as you begin.< break time="3s" />

In a moment, you will return fully to the room you are in now.< break time="1.5s" />

Bringing this calm confidence with you.< break time="3s" />

Voice Cloning

Eleven
Labs

Background Music

pixabay

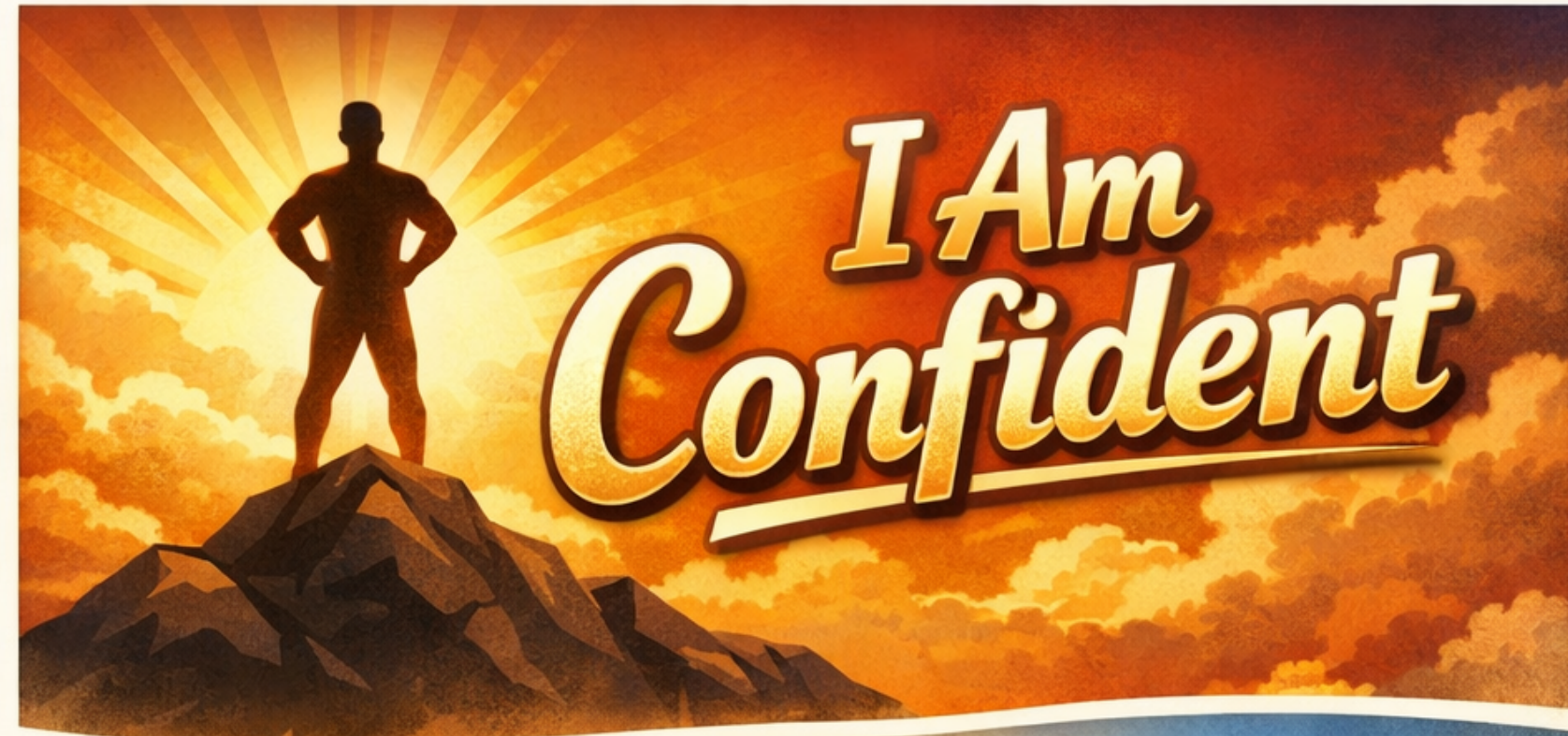
+ AI

Other Tools to Enhance Treatment

Enhance Visualizations



Affirmations & Suggestion Reinforcement



Session Music & Personalized Songs

There's Something Happening Here: The Positive Impact of Collaborative Songwriting on Veterans Suffering from PTSD

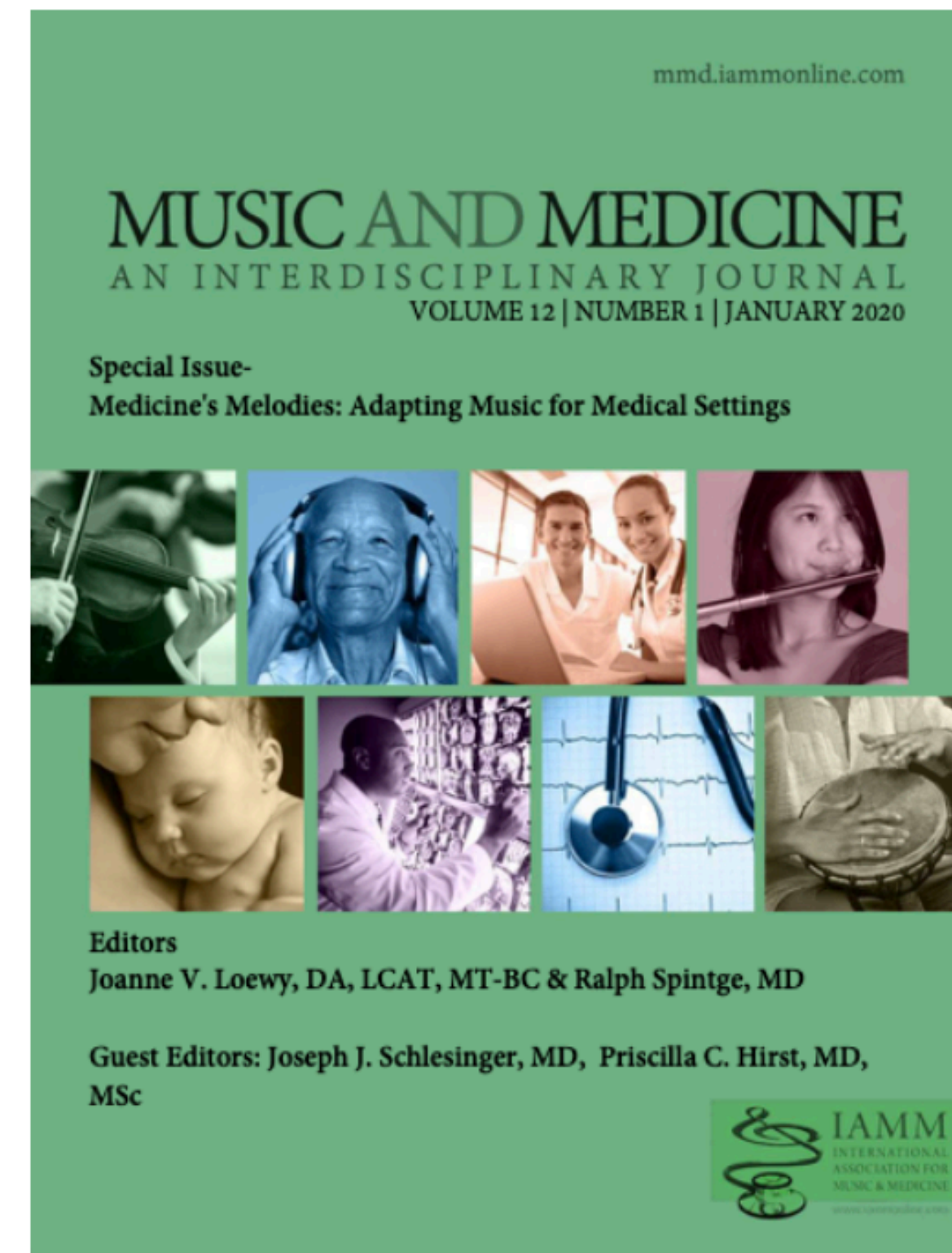
Mary Judd

SongwritingWith:Soldiers

DOI: <https://doi.org/10.47513/mmd.v12i1.695>

Abstract

SongwritingWith:Soldiers (SW:S) is a non profit, coaching-based program that uses collaborative songwriting to build creativity, connections and strengths in order to help improve people's lives. The results have been positively life changing, even lifesaving, for many. The focus of a recent small pilot study by Harvard Mass General researchers on the impact of





Blue Notes: Using Songwriting to Improve Student Mental Health and Wellbeing. A Pilot Randomised Controlled Trial

Kate A. Gee^{1}, Vanessa Hawes² and Nicholas Alexander Cox³*

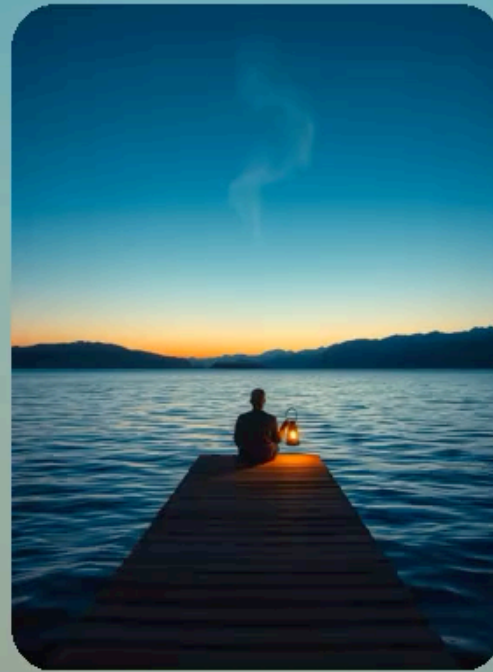
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Higher Education is a period of transition. Students try out identities, develop skills, and explore their shifting sense-of-self. Recent evidence suggests an increase in

SUNNO

Uncertainty

by @cam_alldredge



Verse 1

I've been counting all the
miles I haven't walked
All the words I never said
when my mouth is locked

MADE WITH **SUNO**

Confidence in Presentatio...

by @cam_alldredge



Verse 1

I take a breath and I arrive

Feet on the floor, I'm here

, alive

MADE WITH **SUNO**

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